

SOUTHERN MARTIAL ARTS

努力
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St Mary's Primary

Thursday after school until 4:15

**Learn traditional karate in a relaxed
and fun environment.**

Beginners welcome any time!!

Pay as you go - £6

No monthly direct debits.

Get in touch to book a space.

- **Self Defence**
- **Flexibility**
- **Fitness**
- **Control**
- **Awareness**
- **Co-ordination**
- **Discipline**
- **Etiquette**



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